



Club One Cocktails

Kombucha Margarita (S)

Kombucha, Tequila, Cointreau, Lime Juice and Sugar Syrup

This delicious cocktail using our homemade Kombucha, made from fermented local Rwandan black tea, promotes gut health and gives your metabolism a boost.

Cucumber and Elderflower G&T (S)

Homemade Elderflower Cordial, Cucumber, Gin and topped with Indian Tonic

This low-calorie cocktail comprises of cucumber which is full of multivitamins and the handmade Elderflower cordial, made using the elderflower flowers found on property, is bursting with vitamin C.

Rwandan Rhythm (S)

Pineapple, Coconut Cream, Beetroot and White Rum

Our Gorilla's Nest spin on a Pina Colada made using white rum, pineapple and beetroot juice; made from beets farmed locally. Bursting with anti-inflammatories and rich in essential vitamins to promote heart health.

Zero Percent

Kinigi Treat (S)

Tree Tomato, Rosemary Syrup, Lemon Juice and topped with Fitch and Leeds Lemonade

A unique Rwandan treat using the primary ingredient of tree tomato that is full of antioxidants and vitamins. The tree tomato juice is also extremely beneficial for weight loss due to its anti-inflammatory quality.

Coconut Lemonade (VV)

Coconut Water, Ginologist non-alcoholic Gin, Lime Juice, Agave Syrup topped with Sparkling Water

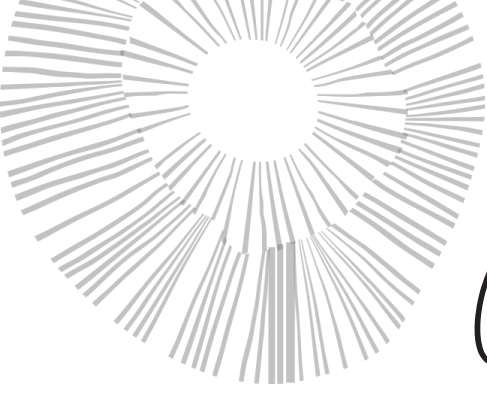
Coconut water is a great source of antioxidants and hydrates you 10 times faster than water. The added bonus of agave syrup and beautiful limes picked on OOGN property will revitalize body and soul.

Rose Fizz (S)

Rose Syrup, Ginger Juice, Squeeze of Lime Juice and topped with Club Soda

Relax by the pool with a sparkling beverage made with homemade rose syrup. Rose syrup has proven to help with stress relief and relaxation. Soak it all in with this refreshing rejuvenating mocktail.

Our mixologists have expertly curated cocktails – both alcoholic and non – using handpicked ingredients from the One&Only Gorilla's Nest gardens. They also make use of fresh fruit and vegetables which are sustainably sourced from our neighbouring Rwandan farmers. The result is unique beverages rich in Rwandan flavours and nutrients.



Club One Menu

Steak Sandwich (DF)

Charred grilled beef fillet, fresh panini, rocket, caramelized onion, Dijon mustard sauce and local vegetable crisps

Rosemary Brushed Red Beets (VV)(GF)

Fire roasted beets tossed with red onion, local beans, house dried tomato, shredded greens with vegan tahini dressing and roasted supper seeds.

Crispy Cajun Spiced Cassava Chips with Dip (VV)(GF)

Served with rustic herbed guacamole, broccoli hummus with tomato salsa.

Grilled Dukkha Spiced Chicken Breast (E)(GF)(DF)(N)

With corn salsa, charred akabanga pineapple and creamy sesame coleslaw

Tomato and Garlic Marinated Beef Brochette (GF)(DF)

Served with warm root vegetable salad in olive and mustard vinaigrette.

Vegetable Quesadilla (V)

Toasted tortilla filled with mixed vegetables and cheese served with tomato relish and avocado crema

Nibbles and Cheats

Vegan Chocolate Cigar (VV)(N)(GF)

Chocolate cylinder, dark chocolate and cashew mousse served with vegan vanilla ice cream and crushed pistachio

Pineapple Puff (E)

Puff pastry pocket with a spiced pineapple compote and crème Chantilly

Fresh Fruit Platter (VV)(SF)

Local seasonal fruit platter

Our menus change daily. This is because our Chefs use handpicked produce from our very own gardens, as well as flowers, herbs, fruits and vegetables from neighbouring local farms. The dishes are all inspired by the bounty of the day. Our Chefs have meticulously selected sustainable and sustainably farmed fish and seafood products. And our meat products are all A-Grade and sourced from the Region. Please talk to a member of our culinary team – should you have any preferences on ingredients or their preparation. Our repertoire is vast, and what is listed here is only a portion of the options available to you.

(V) VEGETARIAN (GF) GLUTEN FREE (VV) VEGAN (DF) DAIRY FREE (SF) SUGAR FREE (A) CONTAINS ALCOHOL
(S) CONTAINS SHELLFISH (E) CONTAINS EGG (N) CONTAINS NUTS (P) CONTAINS PORK



Club One Gym Menu

Pre-Workout Shot

Endurance

Rwandan Coffee Espresso with Coconut Oil

Hunger suppression as well as a steady release of energy sent to brain for increased endurance

Surge

Beetroot Juice and Himalayan Salt

Increases the diameter of blood vessels, increasing blood flow to the muscles for better retraction

Vitality

Orange Juice, Lime Juice and Cumin Spice

Delivers added vitamins to the body for an added energy burst

Post Workout

Kinigi Banana Split

Sustainable Dark Chocolate, Banana, Rolled Oats and Oat Milk

Promotes weight loss and boosts immunity levels

Mango Plus

Mango, Pineapple and Cayenne Pepper

Delivers a boost of vitamins to the body and helps with gut, hair, skin and bone health

Whey Hey Berry (N)(D)

Mix Berries, Vanilla Whey Protein, Almond Butter and Almond Milk

Full of antioxidants, muscle regeneration and promotes sleep health

Our Wellness Specialists have created a menu of beverages and health shooters by using and combining locally sourced fruit and vegetables from neighbouring Rwandan farmers. Each menu item has ingredients and properties that are beneficial to your health and wellbeing.